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WINTRY WALK SO KIDS CAN TALK

Snow-capped trees and soggy pathways didn't deter Calgarians from taking part in the Walk so Kids Can Talk event Sunday morning, starting at Eau Claire Market. The five-kilometre walk is a fundraiser for Kids Help Phone, and participants collected more than $97,000 in pledges. The annual event also kicks off Mental Health Week in Canada. ROBSON FLETCHER/METRO

Two killed in stabbing attack

Suspect arrested. A man is in custody and a third victim is in hospital

ROBSON FLETCHER
robson.fletcher@metronews.ca

Two women were killed Sunday evening and a third woman suffered serious injuries in a stabbing attack in southeast Calgary, according to police, who arrested a man shortly after the incident.

"He's currently in custody and we're not seeking any other offenders in relation to this incident," Det. Torrey Killam said.

Officers were initially called to the 6400 block of Penbrooke Drive S.E. at 6:23 p.m. by EMS responders who were dealing with multiple victims suffering from stab wounds.

One woman was dead when police arrived, Killam said, and the second was taken to Foothills Hospital in critical, life-threatening condition, where she died about two hours after the attack.

The third victim remained in serious but stable condition, as of press time.

Both women who died were in their 30s, according to homicide investigators.

Police said the suspect fled the scene but police located and arrested him shortly afterwards.

Killam wouldn't reveal what relationship the suspect had with the three victims but, in a release issued late Sunday, police said: "This incident is not considered random."

The deaths mark Calgary's 13th and 14th suspected homicides of 2014.

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Players embark on 11-day non-stop hockey marathon

Raising funds and breaking records.
Volunteers abuse their bodies to help sick kids

It begins

Sunday marked the opening ceremonies and the first day of the marathon.

KEN
VAN DE WALLE
calgary@metronews.ca

Bleeding limbs, blown knees, broken feet and dozens of stitches aren't enough to keep 40 fundraising, world-record-seeking players off the ice for the next 11 days.

Two teams took the opening faceoff for their 11-day, round-the-clock journey in Chestermere on Sunday, with the goal of raising $2 million for the Alberta Children's Hospital and setting a new Guinness World Record for the longest hockey game.

While each shift takes a toll on the players' bodies, one of the organizers said it's a small price to pay to give more comfort to kids in hospital.

"What we go through in 11 days, we're choosing to do this to our bodies," said Alex Halat, one of the players spearheading the effort.

"A little kid going to the hospital for treatment doesn't get to choose what his body is going to go through. This is the least we can do, because we're able to do it to make it easier on a child going to visit that hospital."

The effort doesn't go unnoticed, said Saifa Koonar from the Children's Hospital.

"These 40 guys are heroes," she said. "They have been gearing up for this event for months, training and raising funds. A commitment like this takes immense courage, dedication and passion, and honestly we don't have the words to say thank you."

The players have come from across the country and will endure a lot over the next week and a half, said Halat.

Guinness rules state players are not allowed to leave the arena, and with four-hours-on-four-hours-off shifts, skaters might get 30 minutes or an hour of sleep a day for the duration, he said.

"We've had guys with bleeding feet; one guy we had to drill holes in his nails to relieve pressure," Halat said. "(We've had) blown knees; one guy had knee surgery; one guy had two hip surgeries; one guy blew his abdominal muscle; one guy had a heart attack; one guy played with a broken foot; one guy played with a broken shoulder; I lost teeth and got stitches."

Eight-year-old Sienna Wood, a patient at the Alberta Children's Hospital, drops the puck at the opening ceremonies for the Hockey Marathon for Kids in Chestermere on Sunday. KEN VAN DE WALLE/FOR METRO

City needs more bottle depots: Report

Calgary has too few bottle depots and the city's return rate still lags behind the rest of the province, according to a new report that calls on council to make it easier for more facilities to open up.

About 280,000 Calgarians live more than three kilometres from a bottle-return facility, according the report from city staff.

That distance is a "big barrier" for many would-be recyclers, said Coun. Andre Chabot, and likely related to Calgary's relatively low return rate.

Just 69.7 per cent of the city's beverage containers were returned in 2013, compared to 76.3 per cent in Edmonton and 82 per cent province-wide.

Chabot said Alberta's return rate is among the highest, if not the highest, in Canada, but still could use improvement.

The city currently has 23 depots but could accommodate 29, according to the report, which recommends easing land-use restrictions on where the facilities can open.

Chabot said Sunday that would be a "reasonable" approach but any changes would have to be balanced against public concerns over noise, odour and appearance.

"Most of these facilities, there's a negative stigma associated with them," he said.

ROBSON FLETCHER/METRO

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Louise Veillard

Family and friends search for missing Edmonton woman

The family of a missing Edmonton woman is calling on the public to keep an eye out for the 26-year-old, who disappeared Friday.

Louise Veillard was last seen at approximately 1:30 p.m. Friday near the High Level Bridge. She is described as five-foot-two in height and was last seen wearing a red hoodie, Birkenstock sandals and a small navy blue backpack.

Veillard has a history of depression and her family believes she could be in distress.

Anyone with relevant information is asked to call police at 780-423-4567.

METRO

Louise Veillard HANDOUT

U.S. company

NDP leader wants utilities group to reject AltaLink sale

NDP Leader Brian Mason says the province needs to ask the Alberta Utilities Commission to reject the sale of AltaLink to an American company.

It was announced last week that SNC-Lavalin will be selling the energy transmission company AltaLink to U.S. Berkshire Hathaway Energy for $3.2 billion.

Mason says this would allow an American company to reap the benefits of Alberta taxpayers, and could drive energy prices up. He says Alberta's transmission system should not be an internationally traded commodity because it will just raise prices.

If approved, the sale will go through Dec. 31.

THE CANADIAN PRESS

CBE still staring down massive future shortfall

Organization 'thin.'
School board has no reserves left, mounting parent fees

JEREMY NOLAIS
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Darker days may still lie ahead for the Calgary Board of Education (CBE), as it's projected to face a funding shortfall verging on $100 million in the coming years.

The organization, already described as being "thin" in all areas, will now also lack an operating reserve fund.

A draft budget released by the organization Friday identifies anticipated shortfalls of $33.3 million in 2015-16 and $61.1 million in 2016-17, although both figures come well ahead of provincial budgets that could sway those figures positively or negatively.

"There's a lot of water to flow under the bridge between now and next year," said CBE chief financial officer Brad Grundy. "I would say that there are uncertainties around what the revenue situation will be coming from Alberta Education next year."

Those anticipated funding gaps are on top of a nearly $28-million gap the organization is in the process of closing — namely by draining its operating reserves and raising fees for busing and noon-hour supervision — ahead of the 2014-15 school year.

The average annual cost now for a family with two elementary-aged kids riding the bus and eating lunch at school is $1,280.

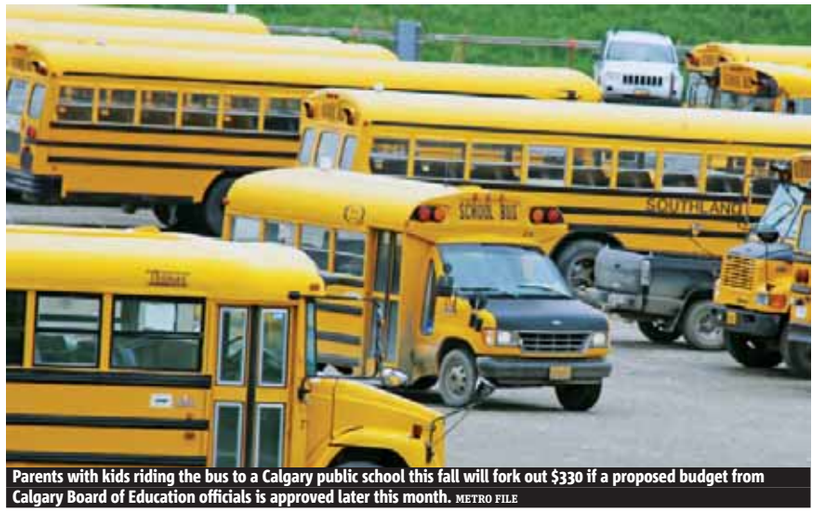
The CBE does offer a waiver program for families suffering from financial hardship, but Liberal education critic Kent Hehr said he's concerned about the impact the proposed fee hike will have on middle-class families.

"It's silly what the province is doing," he said. "It's time they start properly funding education and building schools in neighbourhoods where kids live and then you won't have the extraordinary fees pile up on the average Alberta citizen who just wants to send their kids to school."

The CBE fee increases are only being proposed at this point as its publicly elected trustee board is due to discuss the budget at a meeting Tuesday and then approve a final financial plan May 20.

Response

Alberta Education has maintained that it increased funding by 3.2 per cent in the March provincial budget and actively encouraged boards to dip into their reserves to cover any remaining gaps.



Parents with kids riding the bus to a Calgary public school this fall will fork out $330 if a proposed budget from Calgary Board of Education officials is approved later this month. METRO FILE

Spruce Grove. Husband charged with murder

A Spruce Grove woman is dead and her husband has been charged with murder in a crime that neighbours are still struggling to comprehend.

Police were called to the couple's home in Spruce Grove early Saturday morning and found 36-year-old Rienna Nagel dead inside. Her husband Christopher Ray Nagel, 36, was also in the modest home and has since been charged with first-degree murder.

Jim, a neighbour who did not want his last name used, said there was never any sign of problems. "They were fantastic people and it absolutely blew us away that it happened there," he said.

"They were a great family. I don't understand it."

He said police descended on the home with guns drawn on Saturday morning and spent most of the day inside the home. He said he saw one of the couple's sons sitting alone outside, which was a clear sign something was wrong.

"We didn't know what was going on, but we didn't see mom so we knew something was up, because she's always with her kids."

Cpl. Colette Zazulak said the incident appears to be a case of domestic violence.

"It's still a huge issue and it doesn't seem to be going away," she said.

Zazulak said she didn't know enough about the circumstances that had led to the first-degree murder charge in this case. RYAN TUMILTY/METRO

Robert Wambold of Calgary Search and Rescue shows off gear that can be used in emergency situations. KEN VAN DE WALLE/FOR METRO

Flood top of mind for Calgarians at annual Disaster Alley event

With many still reeling from the effects of last June's flood, Calgarians braved the cold and wet weather Sunday to learn more about emergency preparedness at the city's annual Disaster Alley event.

Organizers said there has been a growing interest in the annual event, now in its fifth year, and flood preparedness has been a particular focus recently.

Twyla Hutchison, a planning engineer with water resources, said many Calgarians have been attending the free seminars that her department offers.

"There has been a lot of work over the year to give that education to people and we'll continue to do that," she said. "There are a lot of people who have made changes to their property and things they can do to be safe and to get out safely."

Robert Wambold of Calgary Search and Rescue has seen a similar level of interest.

"The people in Calgary have a greater awareness of the need to be ready for disasters," he said. "(The flood) definitely highlighted for people what they need to be prepared for. "

Ken Pearce, a member of the Red Cross, stressed the importance of having an emergency disaster kit prepared.

"The better that people can be prepared to look after themselves, the better they're going to be able to go longer term rather than sitting around waiting for someone to help them," he said.

Disaster Alley takes place each May as a part of Emergency Preparedness Week.

KEN VAN DE WALLE/FOR METRO

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Calgary research means hope for neuropathy sufferers

Nerve damage. U of C studies already raising awareness of the condition

ROBSON FLETCHER
robson.fletcher@metronews.ca

Sylvia Donley, left, of the Calgary Neuropathy Association hopes University of Calgary research into neuropathy will lead to treatments for the condition for people like herself and her friends Jim and Evelyn Walker. ROBSON FLETCHER/METRO

Sylvia Donley hopes recent research at the University of Calgary won't just lead to a treatment, but also raise awareness about her relatively common yet still little-known condition.

Like tens of millions of North Americans, Donley suffers from persistent nerve damage known as neuropathy. Hers is the result of a car accident, but there is a long list of causes, with diabetes among the most common.

Neuropathy is detectable in about 50 per cent of diabetics, according to Dr. Doug Zochodne. Last month he published research in the prestigious journal Nature Communications shedding light on a new way to promote nerve regeneration in nerve-damaged mice and rats.

While human trials aren't expected immediately, Zochodne said that next step is possible within several years.

Natacha Pires, medical and public affairs director with the Neuropathy Association in the United States, said she immediately shared the U of C research with all of the group's members.

"The response has been overwhelming, in a good way," Pires said in a phone interview from New York City. "For us, it just provides hope that new treatments and possibly a cure are on the very near horizon."

Donley, a trained nurse, runs the relatively small Calgary Neuropathy Association and gives public talks on the topic.

"We're probably the only functioning group in Canada right now," she said. "There's a very small group that goes for coffee up in Edmonton and I have a contact of a guy in Ontario who used to have a group."

Part of the difficulty in diagnosing the condition, Donley said, is the range of symptoms that can present themselves, depending on the nerves affected.

Some people experience numbness in their extremities while others have trouble walking and keeping their balance. Others have difficulty controlling their bladders or bowels.

"I've known people to go 10, 15, 20 years without a definite diagnosis," Donley said.

To help bring attention to the cause, Niagara Falls will be illuminated on May 14 in the signature purple and amber colours of the Neuropathy Association.

Deerfoot Trail

Man faces driving, weapons charges after fleeing police

A young Calgary man will face weapons and driving charges in court Monday, after allegedly fleeing from police, crashing his vehicle and trying to ditch a pistol.

Police allege Christian Mukele, 24, sped away after being pulled over for a minor traffic infraction on Friday and then crashed his car into a minivan on Deerfoot Trail, injuring a mother and two children.

He then tried to dispose of a handgun he had in the vehicle, according to police, but the firearm was recovered. METRO

Feedback

Calgary inviting public opinion on prostitution

The City of Calgary wants to know what you think of prostitution.

In the wake of December's Supreme Court of Canada decision that ruled three Criminal Code offences related to prostitution are unconstitutional, officials are inviting public feedback on the topic.

Those interested in weighing in can fill out an online questionnaire available at Calgary.ca. The deadline is May 16. METRO

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Nigeria

President says 'everything must be done' for kidnapped girls

Nigeria's President Goodluck Jonathan met through the night with security, school and state officials and issued a new directive that "everything must be done" to free the 276 girls held captive by Islamic extremists, an adviser said.

It was the first time the president met with all stakeholders, including the principal of the Chibok Government Girls Secondary School in northeastern Nigeria where the girls and young women were kidnapped on April 15, presidential adviser Reuben Abati said.

Nigerians' outrage at the failure to rescue the students and protest marches in major Nigerian cities have spurred Jonathan's government to action.

Parents, who have lost confidence in the government and military, have asked for international help. THE ASSOCIATED PRESS

Afghanistan. Country mourns hundreds of victims killed in landslide

As Afghans observed a day of mourning Sunday for the hundreds of people killed in a horrific landslide, authorities tried to help the 700 families displaced by the torrent of mud that swept through their village.

The families left their homes due to the threat of more landslides in the village of Abi Barik in Badakhshan province, Minister for Rural Rehabilitation Wais Ahmad Barmak said.

Another reason for the evacuation was the threat of flooding caused in part by the landslide itself, said Mohammad Daim Kakar from the Afghanistan Natural Disaster Management Authority.

Engineers are working on a plan to divert the water, he said. Authorities still don't have an exact figure on how many people died in the landslide, Barmak said, and estimates have ranged from 250 to 2,700. THE ASSOCIATED PRESS

Afghans search for survivors buried after a massive landslide in Badakhshan province IN northeastern Afghanistan. HOMAYOON RAHMANI/THE ASSOCIATED PRESS

A man is greeted by supporters after being released from a local police station which was stormed by pro-Russian protesters in Odesa, Ukraine, on Sunday. VADIM GHIRDA/THE ASSOCIATED PRESS

Pro-Russian activists free jailed comrades

Ukraine. Several people were detained for involvement in violent clashes on Friday that killed 40

Outrage over the deaths of pro-Russian activists in riots in Odesa, Ukraine, triggered new violence Sunday in the Black Sea port, where a mob of protesters stormed police headquarters and freed dozens of their jailed allies.

The activists had been jailed for their involvement in clashes Friday that killed more than 40 people — some died from gunshot wounds, but most from a fire that broke out in a trade union building. It was the worst violence in the Ukrainian crisis since more than 100 people died in Kyiv in February.

Ukrainian Prime Minister Arseniy Yatsenyuk visited Odesa on Sunday to try to defuse the mounting tensions and hinted strongly that he saw Moscow's hand in the unrest spreading through southeastern Ukraine.

Concerns are mounting that Moscow ultimately aims to take control of a huge swath of southeastern Ukraine from Trans-Dniester to Russian-dominated industrial areas in the east. Russian President Vladimir Putin, who calls the area historically Russian lands, has said he doesn't want to send in troops but will if necessary to protect his country's interests.

The Interior Ministry said 67 activists had been released on prosecutors' orders. Prosecutors, however, later said they had nothing to do with the release and accused the police of failing to carry out their duties.

Putin spoke by telephone Sunday night with German Chancellor Angela Merkel, the latest in a series of discussions they have had about Ukraine.

The Kremlin said they agreed on the importance of the role to be played by the Organization for Security and Cooperation in Europe, and said Swiss President Didier Burkhalter, whose country currently chairs the OSCE, would visit Moscow on Wednesday. THE ASSOCIATED PRESS

Canada-Russia relations

Canada imposing sanctions

Ottawa says it is imposing economic sanctions on 16 more Russian "entities" over that country's actions in Ukraine.

Prime Minister Stephen Harper issued a statement Sunday saying Russia's "illegal occupation of Ukraine and provocative military activity" remain a serious concern. Harper says the latest measures should increase the economic pressure on Russia and "those responsible for the crisis in Ukraine."

In the last couple of months, the Harper government has imposed a number of political and economic sanctions against senior officials and some institutions in Russia and Ukraine. THE CANADIAN PRESS

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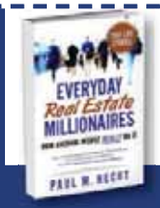

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Unsung hero of Heartbleed scare

Justin Bull.
Self-described cyber-security nut was the first to notice the CRA website's vulnerability

SAM SMITH
For Metro in Vancouver

Justin Bull

You know that tax-deadline extension that finishes May 5 at midnight? You've got Justin Bull to thank for that.

The 23-year-old, Toronto-based self-described cyber-security nut was the first to notice Heartbleed affecting the Canadian Revenue Agency (CRA), beating out their own cyber-security officers and potentially saving even more taxpayers from harm.

Bull's foresight and technical mind resulted in the five-day tax-deadline extension to May 5 at midnight, as well as the findings that 900 taxpayers' information was compromised.

"I subscribe to a security mailing list, and on Monday, April 7 a bulletin was published about the massive Heartbleed problem," Bull said.

"On Monday it was theoretical, but by Tuesday at 9 a.m. I got a followup post that read, 'We are screwed.' It showed how the theoretical problem was now a practical one."

Bull, who runs several computer servers himself, began to check on them to see if they were vulnerable. They were.

"I started freaking out and so I checked my bank to see if it was a problem there, but it wasn't," he said. "But it got me thinking about other potentially vulnerable websites, and then it dawned on me that it's tax season, and so I checked it out."

After some testing, Bull confirmed his worst fears — the CRA was exposed to Heartbleed.

"At this point every hour counts," he said. "I was making calls, emailing and I even resorted to tweeting at them about this vulnerability."

Within a few hours the CRA had shut down its electronic services, and soon after, it announced an extension to the tax deadline.

Bull himself used the deadline to get his taxes in on time for the first time in years.

While Canadians across the country have Bull to thank for the reprieve, he is still unsettled by the scare.

"What's worrisome is (the hacker) found a way to potentially purge (the 900 accounts affected) from the system, which suggests to me he got in through an administrator account."

Lost seamen commemorated

A member of the Canadian military plays the Last Post during the Battle of the Atlantic memorial ceremonies at the Eternal Flame on Parliament Hill in Ottawa on Sunday. Veterans, current service men and women, politicians and dignitaries gathered to commemorate the single longest battle of the Second World War. FRED CHARTRAND/THE CANADIAN PRESS

Young blood, literally

Injections improve vitality of older mice

Older mice got stronger, exercised longer and performed better mentally after they were injected with blood from young mice, or even just with a substance that's more abundant in younger blood, U.S. researchers found.

Someday, if more research goes well, this may lead to a way to treat some infirmities of old age in people.

Researchers worked with mice that were roughly the equivalent of people in their 20s and 60s. They repeatedly injected the older mice with blood from either the younger animals or other aged mice.

Those that got the young blood did better in learning and memory tests than mice given the older blood. For example, they performed better at recalling where to find a submerged platform in a maze. THE ASSOCIATED PRESS

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Feeling like a twit for falling for Twitter?

HOW TO ROLL
Alison Griffiths
metronews.ca

If you're looking for stock market love, be aware that those social media affairs can be mighty fickle. Take Twitter. Mere months ago, the IPO (initial public offering) that launched Twitter onto the big board at the New York Stock Exchange was everyone's darling. Now, its shares are as appealing as a warm glass of champagne the morning after the night before.

What happened? To understand what is going on with Twitter, it's important to know a bit about listed companies.

There are basically three kinds of stocks: momentum, growth and value. Of course, there are a multitude of nuances within those very broad categories, but essentially most stocks fall within one of those designations.

Momentum stocks don't need anything more than a good story. Investors interested in momentum will jump on a stock like a surfer on a wave. But unlike surfers, they also jump off at the slightest hint the wave is cresting.

Growth stocks require not only booming revenues, but also earnings that are projected to leapfrog ahead of the pack. Some companies have tons of cash and grow by acquiring other companies. Others have unique products or services that are in high demand. Growth investors will watch for any sign that revenues and earnings are declining.

Value stocks such as Canadian banks and utilities tend to be the Steady Eddy of the stock market world. Those who are looking for lower risk, regular dividends and the promise of gradual stock price increase over time orient themselves to these kinds of companies.

Now to Twitter. It began as a momentum stock. Unlike many in that category, it progressed to growth stock status with real revenues, earnings and, most importantly, a quickly rising user base. Without the latter, there is no growth and no increase in income.

Herein lies the problem. Twitter just announced that the pace of new Twitter users has decreased from 30 to 25 per cent on an annualized basis. No one expects Twitter to graduate to a value stock any time soon. So, without a momentum story and with the first indication of slowing growth, investors are taking their money elsewhere.

Bed, bath and beyond up high

Talk about some serious legroom. Gulf carrier Etihad Airways laid out plans Sunday to offer passengers miniature suites featuring a bedroom, private bathroom and dedicated butler. Etihad already woos fliers with perks including private first-class chefs and in-flight nannies. The 125-square-foot suite will likely cost three to four times as much as regular first-class seats, or about $21,000 US from Abu Dhabi to London — one way.

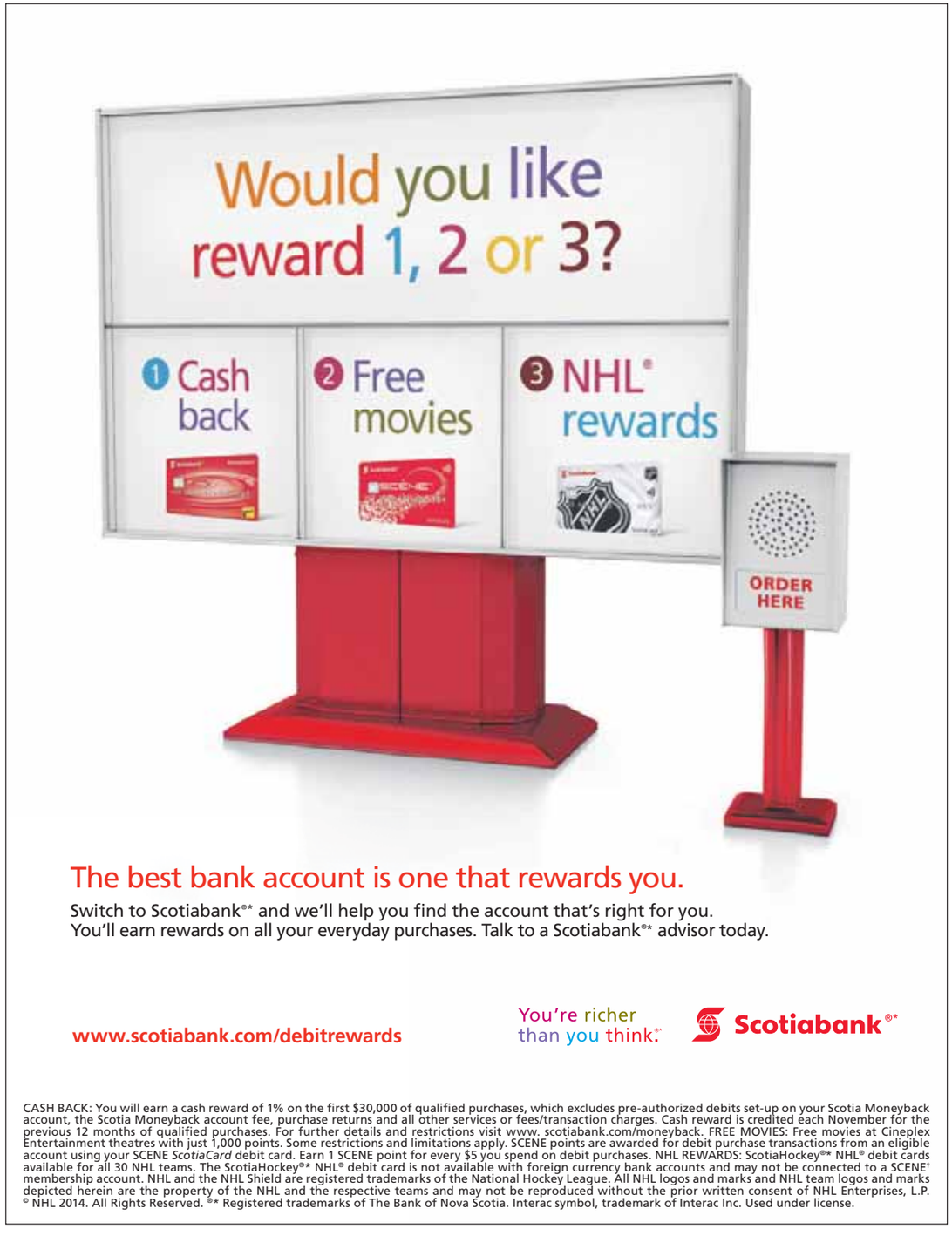
THE ASSOCIATED PRESS

Power of petitions

Powerade now minus brominated vegetable oil

Coca-Cola is dropping a controversial ingredient from its Powerade sports drink, after a similar move by PepsiCo's Gatorade last year.

The ingredient, brominated vegetable oil, had been the target of a petition by a U.S. teenager. THE ASSOCIATED PRESS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THIS BUD IS NOT FOR US

High Plains Drifter

James Callsen
calgary@metronews.ca

One of my favourite stories in the Calgary news cycle is the annual release of the Stampede menu.

It's the "check out all of the crazy food you can expect at the Stampede this year" piece. It's a great way to get us thinking about the incredible smorgasbord of extreme culinary wares that you can only really get on the Stampede midway.

However, it also has me thinking about all the other things I'd like to be able to have at the Stampede. Actually, it really just has me thinking about one thing: beer.

Sure, there's lots of "beer" to be had on the Stampede grounds, but in my experience, there's really only one kind. It reminds me of a conversation I had with a beer slinger in the rush section of the chuckwagon races two years ago that went along the lines of, "We've got both kinds of beer: Bud and Bud Light."

On a hot summer night when you're sweaty and your feet are sore from walking around on asphalt, you're pretty much OK with any beverage that has the word "beer" stamped on the container.

The question is, in a city with an ever-improving beer pedigree, why can't we enjoy locally made beers at the 10-day celebration that not only puts Calgary on the map, but also makes up so much of our cultural identity?

The Stampede began as, and still is, an agricultural exhibition, the entire point of which is to display your region's finest food, produce, livestock and products to the world.

Why then, are we forced to consume only the King of Beers on the Stampede grounds?

For an event that is at the very core of our city, why can't we drink the wares of our fantastic local brewers like Village, Wild Rose, Big Rock and Tool Shed? It seems downright ridiculous that while the Stampede is such an incredible tool for promoting our city to the world, when it hits beer o'clock during the Greatest Outdoor Show On Earth, we can only get our hands on American suds?

Sure, there's a major deal with Budweiser, but travel to a major American sporting city like Seattle and you'll see that while their ballparks and football fields have sponsorship deals with major brewers, you're still able to get a pint of Pike Place Kilt Lifter along with a Miller Lite.

The Stampede stands for Calgary and should be about promoting the best our city has to offer the world and that includes our beer.

ZOOM

Sea stars vanish into the sea

Scientists are making progress trying to figure out what is causing the mass die-off of sea stars along the entire west coast of North America. Sea Star Wasting Syndrome has decimated the creatures from Alaska to Mexico, wiping out some colonies off the coast of British Columbia. HANDOUT

Scientists narrow in on Sea Star Wasting Syndrome

Scientists are making some headway in figuring out what is killing millions of sea stars in the waters off the Pacific coast, from British Columbia to Mexico.

While a definitive answer eludes them, researchers suggest a pathogen — either bacterial or viral — is responsible for the death toll.

Populations of several different species have been wiped. THE CANADIAN PRESS

Disintegration

The disease was first noticed last summer, among sunflower sea stars near Vancouver and Seattle. Within weeks, whole colonies had dissolved into the sea. White lesions appear on the arms of the sea stars. Very quickly, they begin to deteriorate until their arms fall off. Eventually, there's nothing left but "goo."

Just gathering specimens for testing was a challenge because the creatures disintegrated so quickly. THE CANADIAN PRESS

High toll

- Sunflower sea stars were the first found disintegrating on the ocean floor, but the disease has not been discerning. Morning sun, mottled, giant pink, and purple stars have suffered the highest mortality.
- In the pockets where the syndrome takes hold, mortality is upwards of 95 per cent.

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Worth mentioning. In dry times, California city mulls restarting its old desalination plant to suck up seawater

The seaside city of Santa Barbara thought it had the perfect solution the last time California withered in a severe drought more than two decades ago: Tap the ocean to turn salty seawater to fresh water.

The $34-million desalination plant was fired up for only three months and mothballed after a miracle soaking of rain.

As the state again grapples with historic dryness, the city nicknamed the "American Riviera" has its eye on restarting the idled facility to hedge against current and future droughts.

"We were so close to running out of water during the last drought. It was frightening," said Joshua Haggmark, interim water resources manager. "Desalination wasn't a crazy idea back then."

Joshua Haggmark, interim resources manager for Santa Barbara, Calif., stands next to a desalination plant. ALICIA CHANG/THE ASSOCIATED PRESS

Removing salt from ocean water is not a far-out idea, but it's no quick drought-relief option. It takes years of planning and overcoming red tape to launch a project.

Santa Barbara is uniquely positioned with a desalination plant in storage. But getting it humming again won't be as simple as flipping a switch.

After the plant was powered down in 1992, the city sold off parts to a Saudi Arabia company. The guts remain as a time capsule — a white elephant of sorts — walled off behind a gate near the Funk Zone, a corridor of art galleries, wineries and eateries tucked between the Pacific and U.S. 101.

The city estimates that it will need $20 million in technological upgrades, a cost likely to be borne by ratepayers. THE ASSOCIATED PRESS

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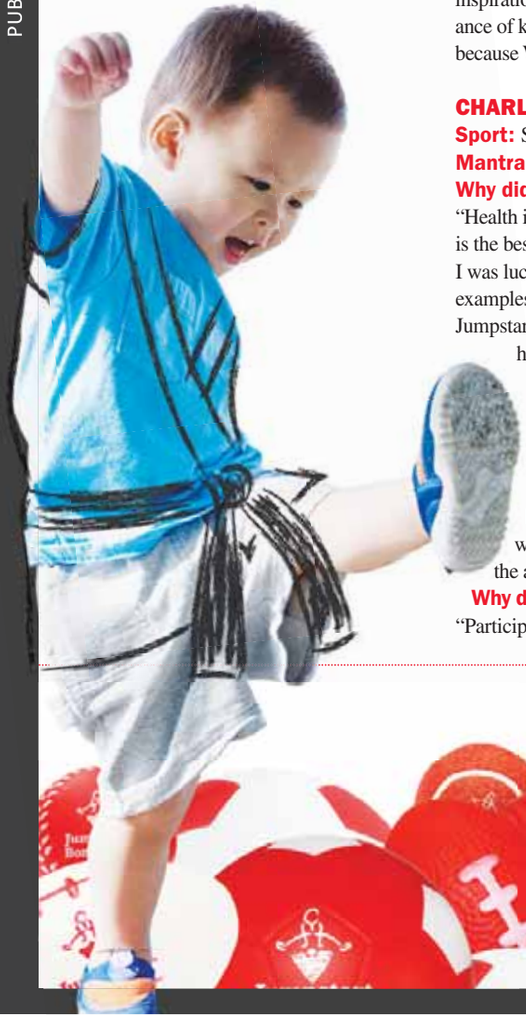
At Canadian Tire Jumpstart, we believe that all kids deserve the chance to play, and our athlete ambassadors do too. They know what it means to work hard, to dedicate time and resources, and to be given a chance to participate. One in three Canadian kids are not given this chance. Financial barriers such as registration, equipment and transportation fees keep many kids from getting in the game.

That's why Jumpstart, a national charity dedicated to helping kids from financially disadvantaged families participate in organized sports and physical activity programs, is working to close this gap. Equipping kids for life through sports does more than improve health and well-being; it helps them develop a sense of belonging to the community, lifelong friendships, life skills such as confidence and teamwork, and the inspiration to excel on and off the field.

Across Canada, Jumpstart has a network of athlete ambassadors who share and support this vision. They embody the best values of sport, and recognize the impact it can have on shaping Canada's future through younger generations. These athletes have been our mentors, our role models and our inspiration, and they recognize the importance of keeping all children and youth active because We 'Can' All Play for Canada.



MARK MCMORRIS

Sport: Snowboard
Mantra: Give'r!
Why did you partner with Jumpstart?
"I have been participating in sports since I can remember and Jumpstart gives kids the opportunity to participate in sport. Charities like Jumpstart hit home for me. I'm glad to stand behind something that is doing the right thing for kids in Canada."

See that symbol? It means you can scan this photo of Mark McMorris with your Metro News app to see more.

CHARLES HAMELIN

Sport: Speed skating
Mantra: Have fun doing it and play fair.
Why did you partner with Jumpstart?
"Health is really important for kids and sport is the best way to get healthy and active. I was lucky that my parents were good examples for me in sport when I was young. Jumpstart is there to make sure that all kids have opportunity to get involved in sport and at the same time make Canada's future healthier."

MAËLLE RICKER

Sport: Snowboard cross
Mantra: If plan A doesn't work, there are 25 other letters in the alphabet.
Why did you partner with Jumpstart?
"Participating in sport growing up impacted my life in many positive ways on and off the mountain, and Jumpstart is an amazing charity that helps children get those amazing sporting opportunities as well."

ROSIE MACLENNAN

Sport: Trampoline
Mantra: As long as I breathe.
Why did you partner with Jumpstart?
"I was brought up in a very active family and participating in sport was always a way for my siblings and me to connect to each other but also to new friends. It was a way for us to learn and find something that we were really passionate about. It also let us face challenges and overcome them. I think it is so important for kids to get involved in sport, but there is not always a way, and Jumpstart is changing that."

BENOÎT HUOT

Sport: Paralympic swimming
Mantra: Never give up on your dreams and make every day count.
Why did you partner with Jumpstart?
In August of 2013, Benoît became Jumpstart's newest ambassador and has been working with Jumpstart from his home province of Quebec to help increase access to sport for athletes at all levels. He is the perfect example of a professional athlete who breaks down barriers.

JONATHAN TOEWS

Sport: Hockey
Why did you partner with Jumpstart?
"If kids don't have the same chances I did as a kid, they don't quite have the same chance to accomplish their dreams. "Maybe they have dreams of being a professional someday or they just want to have fun, make friends and learn what it takes to be on a team."

It's always easier to pursue your dreams when you have help, and these athletes know it's easier to succeed when you have the support of your parents, friends, neighbours, teachers, coaches and community. Thanks to our network of supporters, Jumpstart is part of every community in Canada.

Since 2005, Jumpstart has helped more than 700,000 kids (and counting) get off the sidelines and into the game. To apply for funding, donate, or learn more about Jumpstart and the impact we're making in your community, please visit canadiantire.ca/jumpstart.

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JUMPSTART GIVES CALGARY KIDS A SPORTING CHANCE

From ice rinks to soccer fields, and golf courses to swimming pools, the City of Calgary offers many recreational opportunities for children to get active and healthy. But for some youth in Calgary, getting to the facilities isn't always easy. The reality is that one in three kids are unable to enjoy organized sports and physical activity programs due to financial barriers, which sometimes can include the costs of transportation.

To help more kids in the Calgary area get in the game, Canadian Tire Jumpstart and the City of Calgary started the Fun Bus program. This is an innovative initiative where kids from remote communities in northeast and northwest Calgary between the ages of five and 16 are given transportation to and from the sports or recreational program of their choice. To date, the program has helped more than 1,200 kids from financially disadvantaged families take part in City-run physical activity programs.

"The Fun Bus program reduces some of the financial barriers faced by people living in low-income housing," says Deanna Bradley, who works with the City of Calgary's recreation department. "We work with the local Boys and Girls Club, the Calgary Learning Village, and over 50 other agencies that work with low-income families to recruit participants for the program."

Kids who are encouraged to get involved in physical activities are more likely to become active adults — an important way to reduce the social and health costs that come with sedentary living.

"The City of Calgary Recreation is committed to building an active, creative and vibrant city," says Deanna. "We are able to work towards our vision by offering affordable and accessible services, facilitating numerous city events and establishing unique partnerships with other recreation, sport, art, culture, tourism, parks and social services providers. We also operate 12 arenas, two art centres, 12 athletic parks, eight golf courses, two leisure centres, 12 indoor swimming pools and a sailing school."

Working with Jumpstart is one of the many ways the City of Calgary has been making its programs and facilities accessible, Jumpstart and the City of Calgary also created the I Love to Skate program, which introduces 300 kids annually to a sport they may not have been able to afford in the past. This program removes the financial barriers of registration fees and the cost of equipment. With the success of the I Love to Skate program, Jumpstart and the City of Calgary have created the I Love Soccer program, which launched this spring.

You can help create programs like these in your community by supporting the Jumpstart Red Ball campaign. Throughout May head into your local Canadian Tire, Mark's, Sport Chek, Atmosphere, National Sports, Sports Experts, or Canadian Tire Gas+ location and donate $2 in exchange for your own Jumpstart Red Ball, representing the gift of play you are giving to a deserving child. One hundred per cent of your donation helps kids in your community. To learn more about how Jumpstart is making an impact in your community or to make a donation, visit canadiantire.ca/jumpstart.

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Box office

Spider-Man nets $92 million

The Amazing Spider-Man 2 debuted with $92 million at the box office over the weekend, according to studio estimates Sunday. It was a solid opening for Sony's Columbia Pictures, which has released five movies about Marvel's web-slinging superhero in the last 14 years. Last week's No. 1 film, the female revenge comedy The Other Woman, slid to second with $14 million. THE ASSOCIATED PRESS

What's it like being chased by fan girls?

Neighbors. Dave Franco — younger brother to James — dodges some screaming fans to sit down with Metro

Dave Franco stars in Neighbors, which opens this Friday. CONTRIBUTED

NED EHRBAR
Metro World News in Hollywood

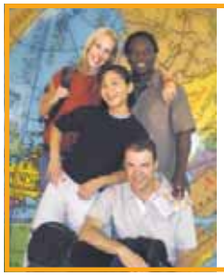
This must be what being a Beatle felt like. In one of the more interesting interview scenarios I've encountered, the reps for Neighbors tossed Dave Franco and myself in the back of an SUV to circle the neighbourhood around their makeshift frat house at SXSW so that we could talk in peace. See, the screaming girls who'd been following Franco and co-star Zac Efron around had found the house. So into the SUV we went to talk fraternities, hazing and homoeroticism.

Animal House aside, you don't normally see frat guys depicted in a positive light.
What I love about this movie is you get to choose sides, and there's not a clear villain or hero. At the beginning of the movie, my character is ... a little similar to parts I've played in the past in terms of being a little more villainous and kind of douchey. And then as the movie progresses, you get to see me interacting with my frat brothers more, and you get to see the human side, some vulnerability and that this guy is a good person, deep down. And I give [director Nick] Stoller credit for making these well-rounded characters and for making it something where the audience is going to probably flip-flop in terms of who they're rooting for.

You were never in a frat, right?
I wasn't, but I went to USC, where the Greek system is huge. I had friends who were in fraternities so I'd go to their parties, but it would always be awkward for me because my friends would invite me, but then the rest of the fraternity brothers who didn't really know me always questioned why I was there, because the rest of them went through this crazy pledge semester and Hell Week, and I didn't earn that. But I did experience to some degree similar party atmospheres to those you see in the movie. For example, I remember at USC there were parties where they filled the entire house with foam, and you'd find people by the end of the night naked running around in the foam. I mean, it's disgusting. It's one of those things where I look back and I can't believe that I participated in any of it, but at the time it was incredible.

There are screaming fans everywhere here. In fact, we're doing this interview in the back of an SUV to avoid them. How do you get used to this?
To be honest, it's nice because Zac takes a lot of the attention (laughs). Whenever I'm travelling around with him, I'll let him take the lead and kind of distract everyone, and then I'll run out the back door. Like, no pun intended.

SCENE



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Johnny Weir

Fashion-forward Johnny Weir picks the winning horse

The Pegasus-themed hat Johnny Weir wore to the Kentucky Derby practically shut down the Internet on Saturday.

Weir, who was there as a fashion correspondent for NBC along with skater Tara Lipinksi, described his hat as "clean, pure, fun, feathers, and that's what the Derby's about, fashion-wise."

Lipinski's favourite aspect of the Kerin Rose Gold-designed hat? "The golden hoof," she noted. "It is sparkling."

Weir is currently going through a bitter divorce with his husband of two years, Victor Voronov, a Georgetown Law grad. The divorce drama has apparently caused the Olympian to drop out of the upcoming season of Celebrity Apprentice. In the ongoing divorce hearings, Voronov has claimed that Weir is worth $10 million, though Weir has refuted that. METRO WORLD NEWS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

How many new Coldplay songs will it take to mend a broken heart?

STARGAZING
Malene Arpe
scene@metronews.ca

Chris Martin says he's largely to blame for his recent "conscious uncoupling" from Gwyneth Paltrow. In that he really wanted to get away from her.

Rumours persist that Gordon Ramsay recently got a second hair transplant. Says a rep for Ramsay, "Shut your bleeping bleep, you bleeping liar."

Chrissy Teigen says that she and husband John Legend recently had mile-high sex under a blanket in first class and that they should "get a trophy for that." Appropriate responses to this unsolicited information include: 1) Eww. 2) Blerg. 3) Still not as bad as the four snotty toddlers screaming non-stop on my last nine-hour flight.

Ben Affleck caught cheating ... at blackjack

Ben Affleck

The Hard Rock Casino in Las Vegas caught Ben Affleck counting cards over the weekend and banned him from the game for life. According to the Hollywood Reporter, the Argo actor was approached by security for winning a little too often.

Nobody lost their cool, though. The hotel invited him to play a few other games and then ordered a car for him. Technically, counting cards isn't illegal. Casinos just don't appreciate it very much.

The Reporter also mentioned that Affleck won a reported $800,000 US in 2001 playing the same game at the same casino. METRO WORLD NEWS

It's a girl for Kerry Washington

Kerry Washington

Kerry Washington and retired NFL player Nnamdi Asomugha are officially parents.

A birth certificate shows the couple's daughter Isabelle Amarachi Asomugha was born around 5 p.m. on April 21 in Los Angeles. The parents haven't announced the baby publicly. Washington's publicist Amanda Silverman said no statement was available.

Washington is the Emmy-nominated star of the ABC series Scandal. The show's third season was cut short after the 37-year-old actress became pregnant. THE ASSOCIATED PRESS

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Five more reasons we often find ourselves in Debt Hell

Debt's a losing game.
And you have to be prepared for those times in life when you may be dealt a bad hand

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Gambling can put you on a slippery slope toward financial disaster, plain and simple. ISTOCK

Last week I talked about five ways people end up going into debt. From not being prepared with an emergency fund to not putting the effort into managing money responsibly, there are plenty of ways to get into debt. Here are yet five more ways people dig themselves a debt hole, often without ever thinking about what they're doing wrong.

Expenses go up, but spending doesn't go down

There are the people who buy a home and think they can still eat out six nights a week. Then there are the people who have kids and still think they can spend $600 on a handbag. Or how about the people who start their own businesses and still think a vacation every year is their right?

Whenever you make a move that sends your expenses up, but don't cut back on your discretionary spending, you're stepping on the road to Debt Hell.

We don't talk about money

How can you have an intimate relationship with a partner and then refuse to talk about your money? All the time I hear people say things like:

- "That's his money. He earned it."
- "She makes more than me, so I don't have the right to ask questions."
- "I try to make a budget, but he just won't have anything to do with it."
- "He has no self-control. We just fight about money all the time."
- "She keeps the stuff she buys a secret. I find things with the tags still on them."

If you love each other enough to make a life commitment, why aren't you willing to talk about managing your money as a team? Perhaps it's because one or both of you don't want to be accountable. Or maybe your self esteem is bruised because your partner makes more and throws his or her weight around.

Divorce

Two people cannot run separate households as cheaply as they can run one, so if you divorce, one or both of you will feel a lot poorer.

It's a sad reality that a huge percentage of households are torn apart emotionally and financially by divorce. Divorce is one of the reasons I think joint credit is a really, really bad idea. That means no joint credit cards. And if you must have a joint line of credit, it should take two signatures to access it. That way one person can't destroy the other financially with silly shenanigans.

Gambling

I can't believe the number of people who blow money on games of chance. From the lottery to the slots, from poker to the casinos, people are dumping millions and millions of dollars they could be using to build their own lives into the profits of those who run the Dream Machine.

Some people have such serious issues with gambling that they lose their homes. Gambling is not the answer to money problems; it is the route to more money problems. And while someone always wins when you gamble, the dice are loaded in favour of The House.

Choices, choices, choices

Going into debt is sometimes a choice. We make the choice when we buy something we can't afford to pay for, every time we don't bother to check to see if we have enough money in the bank to get to the end of the month and every time we waste $5.

Banking on a windfall

Not unlike the gambler, the person who is banking on a windfall doesn't want to have to work as hard as it would take to get the life they want. Count all the people who aren't saving for their retirement in this group. Ditto the people who aren't putting money away for an emergency.

Like magic, money will fall into their laps and they will be able to right all their financial wrongs. Most people who benefit from a windfall end up in debt anyway because they never had the discipline and strategies for money management in the first place.

Sure you can forgo one leg of your financial plan because you're trying to make another stronger — giving up saving until your debt is repaid is the classic example. But don't fool yourself. Like a table with a weak leg, it'll only take a little pressure in the wrong place to make the whole thing fall down.

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SUMMER CAMPS

Monday, May 5, 2014

The biggest benefit (of an overnight camp) is getting kids away from the community and into more of a wilderness type setting, says John Meagher, the senior manager of YMCA Healthy Communities. SHUTTERSTOCK

Experience both day and overnight camps

RICHARD WOODBURY
For Metro

For parents trying to decide whether to send their kids to a day camp or an overnight camp, the good news is neither camp is truly better than the other. They just offer different experiences.

The activities at a day camp versus an overnight camp tend to be vastly different, with day camps taking place in an urban setting, while an overnight camp is usually located away from the bright lights of the city.

"The biggest benefit (of an overnight camp) is getting kids away from the community and into more of a wilderness type setting," said John Meagher, the senior manager of YMCA Healthy Communities.

"A lot of kids haven't experienced that."

Part of retreating into nature also means there is usually an expectation of unplugging from the digital devices to which we are so often tethered.

One of the benefits of a day camp is it may allow campers to go on excursions in their community they would not normally have the chance to, such as visiting a museum or a national historic site.

A fundamental difference between the two camps is the level of independence required. Not surprisingly, an overnight camp requires much more independence because kids won't be going home at the end of each day.

As well, at an overnight camp, they will have more responsibilities, such as brushing their teeth, keeping their living quarters tidy and having more rules to follow.

Meagher said it's important for parents to ask themselves whether their child is ready for an overnight camp. If they aren't ready yet, it may be a good idea to have them attend a day camp earlier in the summer to act as a stepping stone for an overnight camp later in the summer.

"Easing into it is key."

Day camps can include activities like pottery or computers. SHUTTERSTOCK PHOTOS

It's important to plan ahead and pack what you need depending on the type of camp your child is going to attend. SHUTTERSTOCK

Sports camps may require special equipment. SHUTTERSTOCK

Essentials to take with you

Before you know it, your kids will be leaving for camp, and whether it's overnight or day, you are bound to wonder what they need in their bags.

Here are two camp packing lists from Care.com, the world's largest online destination for finding caregivers.

Overnight camp

- 8 pairs of shorts
- 3 pairs of pants
- 10 T-shirts/tank tops
- 2 long-sleeved T-shirts
- 14 pairs of socks
- 1 to 2 sweatshirts
- Rain coat
- 1 pair of sneakers
- Sandals (might need to be closed toe, check with the particular camp)
- Water shoes
- 2 to 3 swim suits
- 2 pool/beach cover-ups (optional)
- 2 to 3 sets of PJs — make sure one set has long sleeves and pants
- 16 pairs of underwear
- Twin sheets, comforter and extra wool blanket
- Sleeping bag (optional)
- Pillow/pillowcase
- 2 shower towels
- 2 beach/pool towels
- Toiletries (toothbrush, toothpaste, soap, shampoo, conditioner)
- Laundry bag
- Comb, brush, hair dryer, flat-iron, and any other hair products/accessories
- Clip-on electric fan (cabins have electric outlets for each camper)
- Flashlight with extra batteries
- Camera
- Bug spray
- Labeled water bottle
- Pre-addressed stamped envelopes
- Paper and extra stamps
- Pens and pencils
- Sunscreen
- 1 to 2 Hats
- Sunglasses
- iPod (if allowed)
- Books
- Journal (with hand-written notes from mom and dad)
- Sudoku or word game work books
- Special sporting equipment (if it's a sports-focused camp and you want your own gear)
- Hiking boots (if hikes are part of the experience)
- Comfort items (stuffed animal, special blanket, etc.)

Quantities can be adjusted depending on the length of the camp.

Day camp

- Extra clothes
- Extra shoes
- Water shoes
- Bathing suit
- Beach cover-up
- Towel
- Goggles
- Sunscreen
- Bug spray
- Hat
- Sweatshirt
- Sunglasses
- Lip balm with SPF
- Water bottle
- Lunch, if not provided

KATIE BUGBEE IS THE SENIOR MANAGING EDITOR AND RESIDENT GLOBAL PARENTING EXPERT OF CARE.COM.

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I'm worried that I've made a major mistake

Conflicted on campus. You've successfully made it through your first year, but is it possible that you didn't pick the right stream of study?

ELENI DEACON
Metro News

Choosing the right major is not a minor decision. As the school year comes to an end, some students may be questioning whether their selected field of study is the best course for them. And while this dilemma can be tricky, there are many options available to those facing this predicament.

For new scholars, it can be helpful to think of first year as a time for discovery. Dr. Jane Rutherford, an Associate Professor in Biology at Wilfrid Laurier University who also serves as her program's undergraduate academic advisor, urges students to keep their minds open during their early semesters.

"I tell them first year is about exploring your options and finding out what you enjoy and what maybe you don't enjoy so much," she says. "And I always tell them, 'Don't feel you're locked in to a particular program.'"

This was the case for Rebecca Vandevelde, an alumnus of York University's Glendon College who switched out of International Studies into Drama Studies after her second year when she realized her program's subject matter did not grab her.

If you aren't sure of the direction you're going, don't distress, discuss!
ISTOCK

"It was not what I thought it was going to be," Vandevelde says. "It was very heavy on political theory, which was interesting for a couple of classes but not what I wanted to focus my degree on. And that gave me the impetus to move."

While Vandevelde says the decision was straightforward, that is not always the case. Joyce Hunter, academic counselling services manager at Queen's University, emphasizes that students who are unsure about their direction should re-evaluate their own motivations, not those of friends or parents.

"They need to do some self-assessment," Hunter says, "Introspective thinking about what their goals are or what kind of career they want, what kind of work they want to do, what kind of lifestyle they want to have. And that involves not just thinking, but (talking) to professionals."

These professionals include counsellors available at every university.

For students doubting their major, Hunter recommends a combination of academic advising, personal counselling, and career counselling. She says she frequently encounters students who are questioning why they are at university —and this may mean changing not just their major, but their school.

"University is not for everyone, and we will not hesitate to say, 'Look at other options. Maybe you should be looking at a college program that is going to be a better fit for you,'" Hunter explains.

Rutherford also stresses that it is never too late to switch — partly because the expected timeframe for an undergraduate degree is becoming more flexible. "A lot of students are here on the five-year plan rather than the four-year plan," she says, adding, "and some of them are here for even longer than that."

'Round the world wisdom

Cement new habits by making them extra sticky

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

They say that preparation is half the battle. In my experience, it is even more. Completing three multi-day desert ultra-marathons was certainly a challenge, but it wasn't anywhere near as demanding as completing the training. Although I was committed to my goal, I needed a strategy to anchor new daily training habits and to keep myself focused when I was aching, confronted with other priorities, out of time, facing bad weather, or simply didn't feel like it.

Early on, I developed tactics like leaving my running shoes next to my bed exactly where my feet would touch the floor when I woke up, or even going to bed wearing my running gear at times. Day to day, I created small reminders to think proactively about the training, such as writing "Gobi" on the bathroom mirror, along with adding recurring "Gobi" reminders to my calendar. Essentially, I had set up a defence perimeter to catch myself before reverting to old habits, while trying to rapidly create new ones.

Although it can take as little as 21 days to create a new habit, the old ones we have are so deeply ingrained that changing them isn't so simple.

As they are borne out of automatisms, the difficulty is often staying the course in the early days long enough to get to that point where the new habit sticks. In order to make it "sticky," it is best to create strategies to help stay the course until we naturally derive more benefits from the new habit than challenges associated with changing the old one.

Only then can our intentions become cemented into new habits.

Colour outside the light lunch lines: Seared Tuna with Mediterranean Salsa

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD

From your fridge to your table in 30 minutes or less

Tuna and this Mediterranean salsa are the perfect pair.

The best way to have the most tender tuna is to sear the outside and leave the interior slightly pink. If this is not your style, cook it for longer, being careful not to overcook, since the tuna will dry out. Or, if you prefer to cook a fish all the way through, try replacing the tuna with another firm fish such as tilapia, swordfish or halibut.

When I buy fresh tuna for cooking, I like to use bluefin tuna, which has dark red flesh that I find to be the most flavourful. Be sure to always buy the fish from a reputable fish store for the freshest tuna possible.

Tuna is rich in high-quality protein and an excellent source of nutrients such as selenium, potassium, magnesium, and of course, omega-3 essential fatty acids, which are known to reduce the risk of heart disease and cancer.

The salsa can be made early in the day, but remove the seeds of the tomatoes.

This dish can be served right off the heat or at room temperature.

Nutritional information

Per serving

- **Calories.** 241
- **Carbohydrates.** 4.2 g
- **Fibre.** 1 g
- **Protein.** 36.8 g
- **Total fat.** 7.8 g
- **Saturated fat.** 2.1 g
- **Cholesterol.** 74 mg
- **Sodium.** 258 mg

Ingredients

Salsa
- 1 cup diced plum tomatoes
- 1/3 cup diced sweet green peppers
- 1/4 cup diced green onions
- 3 tbsp chopped black olives
- 2 tbsp fresh lemon juice
- 1/3 cup crumbled reduced-fat feta cheese
- 2 tsp olive oil
- 1 tsp finely chopped garlic
- 1/2 tsp dried oregano

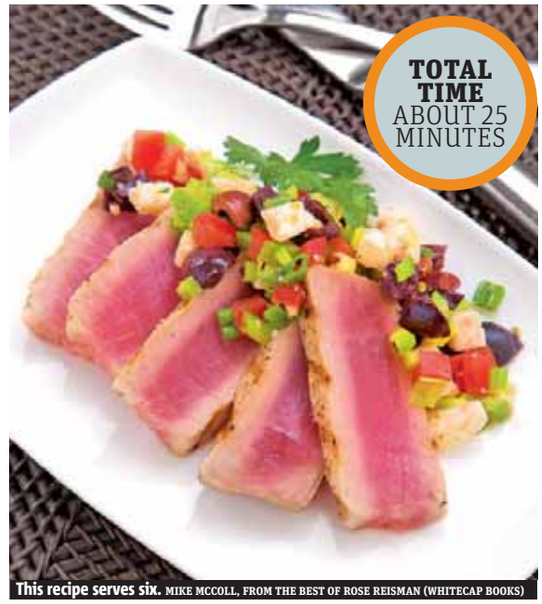
Tuna
- 6 tuna fillets (about 6 oz each)

Garnish
- 1/4 cup chopped fresh basil

Directions

1. To make the salsa: In a bowl, combine the tomatoes, peppers, onions, olives, lemon juice, feta, olive oil, garlic and oregano together.

2. Either on a barbecue or in a nonstick grill pan sprayed with cooking spray, sear tuna on both sides just until cooked to your preference. Place on a serving dish. Sprinkle with the basil and serve the salsa overtop. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**



This recipe serves six. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

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Westbrook Mall
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Thursday, May 8

The CORE Shopping Centre
324 8 Ave SW
11 a.m. – 2 p.m.

Nose Hill Library
1530 Northmount Dr NW
5:30 p.m. – 8:30 p.m.

Friday, May 9

South Fish Creek Complex
#100, 333 Shawville Blvd SE
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Saturday, May 10

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UNDERSTANDING MENTAL ILLNESS

ONE IN FIVE CANADIANS ARE AFFECTED

Depression. Attention deficit disorder (ADD). Anxiety. Addiction. Schizophrenia. These are examples of the wide variety of mental health issues one out of every five Canadians suffer from, and for many these medical conditions can be debilitating.

Some people suffer short-term episodes of depression or anxiety that is debilitating to the point they can't work or function normally. Others have issues around anxiety and fear that prevents them from doing certain activities. For others, mental illness is a lifelong burden that has environmental, psychological or biologic roots.

"Mental illness can affect people at all ages any stage of life," says Dr. Michael Teehan, president of the Canadian Psychiatric Association. "About 70 per cent of mental health problems start during adolescence and early adulthood, and extend into the adult years."

Mental illness is the second leading cause of disability and premature death (often by suicide) and costs Canadians roughly $50 billion per year. The most common problems are depression and anxiety with eight per cent and 12 per cent of people suffering an episode in their lifetime, respectively. Anxiety includes conditions such as phobias, panic attacks, social dysfunction and more.

Men and women both suffer mental illnesses, but there can be differences. According to the Canadian Mental Health Association, addiction rates are higher in men, but women have higher rates of mood and anxiety disorders. More than 75 per cent of suicides involve men, but women attempt suicide three to four times more often. Nearly 4,000 Canadians commit suicide each year, 90 per cent of whom suffered a diagnosable mental illness.

Teehan says there are psychological approaches that help people understand and cope with their condition, medication, and social interventions, such as helping people get out of abusive or difficult situations.

Early diagnosis to either confirm or rule out mental health illness can prevent problems from getting worse. Need help? Ask your local doctor or nurse practitioner for guidance.

– Pippa Wysong

BY THE NUMBERS

- One in 20 people have a diagnosable mood disorder (depression or bipolar disorder);
- One in 20 have an anxiety disorder;
- One in 30 have a problem with addiction, either alcohol or illicit substances;
- One in 50 are at risk for addictive gambling problems;
- Three per cent of women and 0.3 per cent of men develop an eating disorder at some point.

Source: Public Health Agency of Canada

SHUTTERSTOCK

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A good start to combat PTSD is asking for help

Effects can linger for months, even years

Seeing someone die violently. Sexual assault. Childhood abuse. A car accident. These are all examples of traumatic events that can lead to post-traumatic stress disorder (PTSD).

While some people recover from the horror of these events, for others the effects can linger for months, or even years. Symptoms can include reliving the events through flashbacks or nightmares, or when seeing situations that remind you of the event.

"PTSD happens because a traumatic event causes changes to the brain that cause fear and anxiety to persist long after the event," says Julie Martin, program co-ordinator of the program for traumatic stress recovery at Homewood Health Centre in Guelph, Ont, which has one of the largest PTSD treatment programs in Canada. "With PTSD you overrespond to fearful situations."

PTSD sufferers experience intense anxiety, can't concentrate, have outbursts of anger or bouts of crying. Some feel an emotional distance to the world around them — it's like part of the emotional part of the brain shuts down. Depression commonly accompanies PTSD and, without help, some people are at risk for suicide.

About nine per cent of Canadians suffer from PTSD at some point. Treatment for PTSD involves talk therapy (counselling), medications, or both. Asking your doctor for help is a good place to start.

"The key to recovery from the symptoms of PTSD is to create safety, grieve losses and strengthen sense of self," Martin says.

– Pippa Wysong

SHUTTERSTOCK

Texas tussle

Spurs put away Mavericks

Tony Parker scored 32 points and the San Antonio Spurs led by as many as 31 on their way to a 119-96 victory over the Dallas Mavericks, closing out a tense first-round series Sunday in seven games.

The Spurs advance to face the fifth-seeded Portland Trail Blazers.

Dirk Nowitzki had 22 points and nine rebounds to lead Dallas.

THE ASSOCIATED PRESS

Focusing on basketball

Clippers fly in face of distractions

The Los Angeles Clippers initially were reeling after the racial comments by owner Donald Sterling that got him banned from the NBA for life.

The team unified and rallied to beat the Golden State Warriors in seven games, setting up a Western Conference semifinal against Kevin Durant and the Oklahoma City Thunder that starts Monday.

"For us, it's basketball," Clippers point guard Chris Paul said Saturday night after the Clippers' 126-121 win. "I think it just showed our will, our fight, and more so than getting through all that, it was getting through tonight."

Oklahoma City advanced after beating the Memphis Grizzlies in seven games.

THE ASSOCIATED PRESS

Nets suppress Northern Uprising with Game 7 win

Dinos done. Raptors denied second trip to second round of playoffs after losing contest by one point

DeMar DeRozan leaned over Kyle Lowry after the final buzzer sounded to end the Toronto Raptors' season — Lowry was laying distraught on the floor, his face in his hands. DeRozan was above him, speaking with urgency.

It was a moment that said volumes about this young Raptors squad: their unexpected record-breaking season and their thrilling run through the playoffs, and the bonds they built along the way.

"That's my man," Lowry said of DeRozan. "He said, 'If anybody is taking that shot, I'm living and dying with you taking that shot, or trying to attempt to get that shot off.' It was a great brotherly moment."

Lowry, who led the Raptors with 28 points Sunday, had just been blocked on a shot at the buzzer, giving the Brooklyn Nets a 104-103 Game 7 victory and ending the Raptors' first playoff run in six seasons.

"The play was to get me the ball, but they did a good job of trapping me, and I didn't get that shot off that I wanted to get off," said Lowry.

Amir Johnson had a playoff-high 20 points plus 10 rebounds before fouling out of the game with 7:53 to play. DeRozan added 18 points for the Raptors, who were hoping to see the second round of the playoffs for just the second time in the franchise's 19-year history. Patrick Patterson finished with 16 points, while Terrence Ross had 11.

Joe Johnson scored 26 points to lead the Nets, who will face the two-time defending champion Heat beginning Tuesday in Miami. Marcus Thornton finished with 17. THE CANADIAN PRESS

Uncertain future

Not only is the Raptors' season over, so are the contracts of coach Dwane Casey and point guard Kyle Lowry.

- Lowry becomes a free agent on July 1, but when asked about his future, he said his mind was still on the series and its end.

The Nets' Paul Pierce blocks Raptors point guard Kyle Lowry's last-second shot during Game 7 of their first-round playoff series on Sunday in Toronto. The Nets won 104-103. Scan the image with the Metro News app to see the game told in photos. RICK MADONIK/TORSTAR NEWS SERVICE

Final thoughts

"I'm proud of our guys. Nobody gave them a snowball's chance in you-know-where to be here." Raptors coach Dwane Casey

"I can't say some of the things they were calling me out there. You were against not only 15,000 in the building — you were against the 15,000 outside."

The Nets' Paul Pierce on the Raptors and their fans at the Air Canada Centre.

"I can sleep at night knowing he took that shot. I can live with that."

Raptor DeMar DeRozan said teammate Kyle Lowry was the right man to take the final shot.

4 SPORTS

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Wild in a pickle thanks to Bickell

NHL playoffs. Chicago pulls ahead 2-0 in 2nd-round series thanks to big forward's hustle

Bryan Bickell, left, of the Blackhawks celebrates scoring a goal against the Wild with Marian Hossa on Sunday. THE ASSOCIATED PRESS

Bryan Bickell had an open look on a break in the third period, and shot the puck off the crossbar. He then tried the other side of the ice, and that worked out quite well for him and the Chicago Blackhawks.

Bickell had a goal and two assists, and the Blackhawks beat the Minnesota Wild 4-1 on Sunday to take a 2-0 lead in the Western Conference semi-finals.

Brandon Saad scored his first two goals of the post-season, and Chicago earned its sixth consecutive win despite stretches of lacklustre play in the second and third periods. Corey Crawford made 18 saves in another solid performance.

"There were bits of that third where it wasn't looking good, but we just stuck with it," Bickell said. "Leave it to our D and Crawford to keep the puck out of the net. We need to be smarter defensively in positioning, but we stuck with it and got over the hump."

Cody McCormick scored his second career playoff goal, but Minnesota missed another chance to steal home-ice advantage from the defending Stanley Cup champions.

"We weren't that far off," Wild coach Mike Yeo said. "Even though, again, I know we can play better. We weren't that far off. That game was hanging for us."

The series opener was tied at 2 in the third period before Patrick Kane scored two of Chicago's final three goals in a 5-2 victory on Friday night. Game 3 is Tuesday night in Minnesota.

THE ASSOCIATED PRESS

Penguins vs. Rangers

Kris Letang broke a scoreless tie in the second period and Marc-Andre Fleury made 22 saves for his seventh playoff shutout to lift the Pittsburgh Penguins to a 3-0 victory over the New York Rangers on Sunday night, tying the second-round series one game apiece.

Rasmus triggers Jays' romp

Blue Jays centre-fielder Colby Rasmus runs home after hitting a grand slam off Pirates pitcher Edinson Volquez on Sunday in Pittsburgh. Toronto starter Dustin McGowan pitched three-hit ball for seven innings as the Jays won the series finale 7-2. KEITH SRAKOCIC/THE ASSOCIATED PRESS

WHL

Oil Kings putting up little resistance to Portland repeat

Brendan Leipsic had a goal and an assist in his return from a one-game suspension, and the Winterhawks defeated the Edmonton Oil Kings 3-1 in Game 2 of the Western Hockey League final on Sunday in Portland, Ore.

Portland leads the series 2-0, with Games 3 and 4 coming Tuesday and Wednesday in Edmonton.

Chase De Leo and Paul Bitter also scored for Portland, while goaltender Corbin Boes made 28 saves in victory.

Henrik Samuelsson scored a third-period goal for Edmonton, which got 29 saves from Tristan Jarry in defeat.

Portland has now won 24 straight games at home, including all eight in the post-season. The Winterhawks last lost on home ice on Jan. 4. Overall, Portland has won 42 of its last 45 games.

THE CANADIAN PRESS

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Horoscopes

♈ Aries
March 21 - April 20
Listen to what a friend tells you and be quick to act on their advice. Even if what they say is not what you were hoping to hear there is a lot of wisdom in their words, not least because they can see what you cannot.

♉ Taurus
April 21 - May 21
Someone in a position of authority will look favourably on you over the next few days and if you are smart, you will get something more out of it than just praise. Ask for a raise or a promotion — or both.

♊ Gemini
May 22 - June 21
Creatively and romantically, the next few days should be good for you. But for best results, you need to be focused. Identify your number one priority and really go for it.

♋ Cancer
June 22 - July 23
You will make efforts above and beyond the call of duty over the next seven days. Not only will you get an extraordinary amount of work done in a remarkably short space of time but it will be quality work too.

♌ Leo
July 24 - Aug. 23
You will be much in demand socially today but you must choose carefully among the many invitations because you won't have the time or the energy to say yes to them all.

♍ Virgo
Aug. 24 - Sept. 23
A family matter you thought was resolved will rear its head today and this time you must make sure it's settled. If you don't lay down the law the issue will continue to nag at you.

♎ Libra
Sept. 24 - Oct. 23
What you have to do over the next few days may not be what you would choose to do but if you approach it in the right frame of mind, it can still be fun. It will also get important people back on your side.

♏ Scorpio
Oct. 24 - Nov. 22
If you do things by the book today, you will get the rewards you deserve. If, however, you try to gain an advantage by cutting corners most likely you will find that your underhand methods rebound on you.

♐ Sagittarius
Nov. 23 - Dec. 21
It's not like you to put practical matters above having fun but you may have no choice over the next 24 hours. Social activities will have to take second place to getting on top of your work and money.

♑ Capricorn
Dec. 22 - Jan. 20
It won't be long before you get the chance to do something out of the ordinary but for the time, be patient. If you make your move too soon, the results may not be as good.

♒ Aquarius
Jan. 21 - Feb. 19
What happens over the next 24 hours will remind you that it is not where you look but how you look that determines the way the world seems to be. Be positive in everything you do.

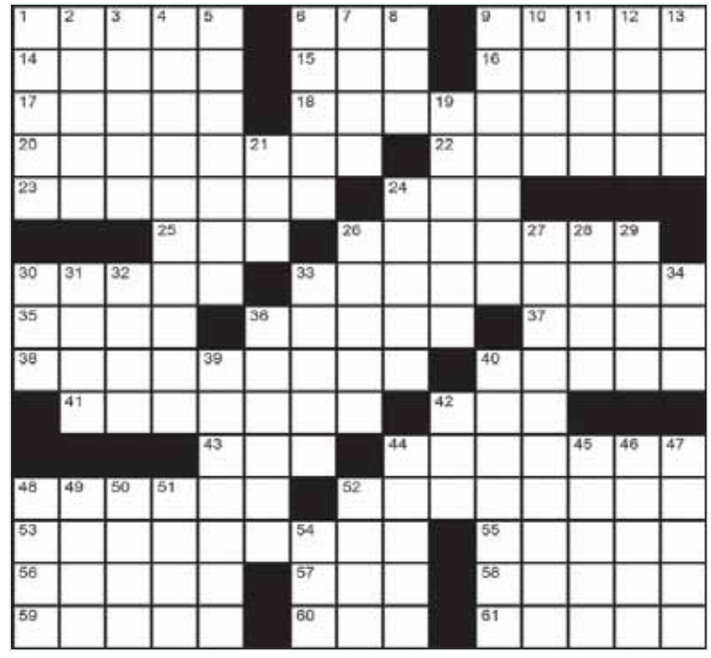
♓ Pisces
Feb. 20 - March 20
If you recently made a promise, to somebody else in a position of power, you must keep it. If you try to back out of the deal it will do your reputation harm.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



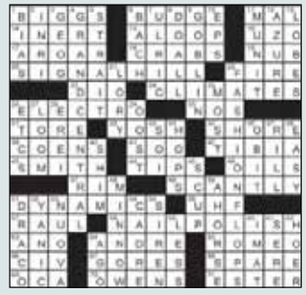
Across

1. Clever
6. Bootcamp officer, briefly
9. Bob of "Full House"
14. Windy City airport
15. Who: French
16. _*__ (Classic arcade game cube-hopper)
17. Choir outfits
18. Alan-and-family's Slice show, "__ Thicke"
20. England born/Canada raised actor Scott
22. Festive decoration
23. Most brief
24. Distant
25. Label
26. Some times
30. Happen
33. They're at the centre of Atlantic Canada's activist-opposed annual hunt: 2 wds.
35. "..._____ I wrong about THAT too??"
36. Robert Service works
37. Verifiable
38. Paul Anka song covered by Donny Osmond: 2 wds.
40. Skincare brand
41. Master bedroom extra
42. __ and Gus, "Cinderella" (1950) mice
43. These: French
44. Elegant court dances
48. 1987 Warren Beatty/Dustin Hoffman movie
52. Did in an unprepared manner: 2 wds.
53. "The Boys in the Bright White ____" by Trooper
55. Prefix to 'foam'
56. Olympic legend Ms. Comaneci
57. Smash song
58. Complete
59. Ian or Sylvia
60. Shakespearean suffix
61. Arctic explorer, Robert E. __ (b.1856 - d.1920)

Down

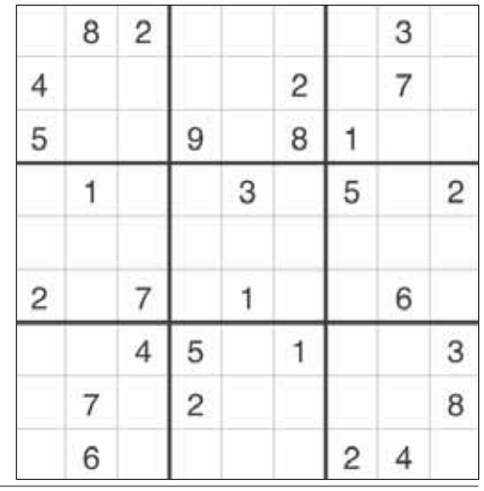
1. Least best
2. Elton John's "Your Song" bit: "_ __ you don't mind..."
3. Southern Alberta town
4. Big Joe Mufferaw's work remnants: 2 wds.
5. "Alright, honey.": 2 wds.
6. Gym move
7. Style expert Tim
8. Ancient war god
9. Early band for Neil Young, The __
10. Impose _ __ (Outlaw something)
11. Dr. Scholl's products
12. Writer Mr. Stanley Gardner
13. Texter's "Bye for now."
19. Calgary footballers, to fans
21. Food additive
24. Evita song: "Don't Cry __ __ Argentina"
26. Irish writer Ms. Binchy
27. Web courtesy
28. Root vegetable
29. Smirch
30. Alley __ (Comic strip classic)
31. Motley __
32. __'_ Crunch (Cereal)
33. Jeers
34. View
36. Toolbox grippers
39. __ Peninsula
40. Smashes: 2 wds.
42. "Lost" character played by Daniel Dae Kim
44. Gleefulness
45. "Dancing with the Stars" alum Ms. Sliwinska
46. Making-one-sleepy thingy
47. Tale
48. "Say it __ so!"
49. __ or neuter
50. Brick carriers
51. Rush, for example
52. Lineup lag
54. "Evita" (1996) role

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku

5	1	3	9	4	8	7	6	2
7	4	8	5	6	2	3	9	1
9	6	2	3	7	1	4	8	5
4	2	7	8	5	9	6	1	3
8	5	6	7	1	3	9	2	4
3	9	1	6	2	4	8	5	7
1	8	4	2	9	7	5	3	6
2	3	5	4	8	6	1	7	9
6	7	9	1	3	5	2	4	8

Weather

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